



## **Beginner Cycle PCT Guide**

**A complete PCT to help maintain gains and restore testosterone after your first steroid cycle**

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# Beginner Cycle PCT Guide

This guide is based on my own experience and research. I'm not a doctor and the information is not medical advice. Always seek a doctors advice before taking any medications.

The following PCT protocol is designed for the One Vial Testosterone Cycle outlined in my article '[Best Steroids For a Beginner Cycle.](#)'

## What is a PCT

Post Cycle Therapy is an essential process to go through after a steroid cycle ends. Its aim is to enable the bodies hormonal system to recover efficiently.

In fact, post cycle recovery is crucial because it determines the gains you keep.

Get it wrong, and you could lose everything.

## Why You Need a PCT

Over the next 8 weeks, you're going to be taking a synthetic form of testosterone.

Now, with all that excess testosterone swimming in your system, **what do you think is going to happen?**

Your body stops producing its own testosterone, that's what.

As the cycle ends the synthetic testosterone starts to wear off. Your body realizes there's no natural testosterone in the tank, so it tries to produce it's own.

But, as it's trying to reproduce, a dark force in the form of estrogen is working against it.

Let me explain...

At this point, there's a hormonal imbalance. Estrogen levels may be higher than testosterone.

And if that wasn't bad enough...

As your body tries to produce its own testosterone, some will convert to estrogen.

*Most guys get gyno after a cycle because they fail to balance their testosterone/estrogen ratio.*

You need to fix this hormonal imbalance. Otherwise the risk of muscle loss and developing gyno increase

## Drugs to Recover Testosterone

To keep those gains, you've got to...

- Get testosterone back to normal and...
- Keep estrogen under control

The most common way to do that is with a category of drugs called SERM's. That's short for Selective Estrogen Receptor Modules.

Popular SERMs for PCT are Clomid and Nolvadex.

Both drugs help recover T levels by stimulating the release of the LH (Luteinizing Hormone ).

LH is an essential hormone for controlling testosterone production.

As they do the same thing, there's no need to combine them.

I've given you two because some people prefer one of over the other.

## When Do I Start a PCT?

When you've completed the 8 week test cycle wait 2 weeks after the last shot before using Clomid or Nolvadex. The time delay ensures the exogenous testosterone is out of your system so the drugs all go towards recovery.

## How Long Does The PCT Last?

Run the cycle for 4 weeks.

Once the post cycle recovery is complete wait at least 8 weeks before attempting another cycle.

As it's your first cycle a gap of 12 weeks would be better to ensure hormones are in balance.

## Dosage Protocol

### Clomid

- Week 1:** 50mg Everyday (ED)
- Week 2:** Same as week 1
- Week 3:** 25mg ED
- Week 4:** Same as week 3

**Or...**

### Nolvadex

- Week 1:** 40mg ED
- Week 2:** Same as week 1
- Week 3:** 20mg ED
- Week 4:** Same as week 3

**Note:** Its extremely difficult to give a general protocol to suit everyone because factors such as genetics, age and state of health effect the rate of recovery. Therefore, the above dosages are only general guidelines.

## **Blood Work**

You need to know that your blood work is normal and healthy before, during and after a steroid cycle. That's why getting your blood tested is crucial.

I would recommend a complete male hormone panel before starting a cycle.

At 4 weeks get a mid-cycle blood test done. You don't need a full hormone panel, but it should include total testosterone, estradiol (E2) and for safe measure, PSA and lipids.

Post cycle blood work should be a complete hormone panel as this will determine the PCT you need to take.

Throughout the cycle keep monitoring your blood pressure.

Remember, your health should always be a top priority.

## **Supplementation**

A natural PCT supplement can also help you recover faster, but ones that actually work are hard to come. Most are glorified multivitamin supplements and a waste of money.

However, there is a supplement that has helped me recover faster. It's called PCT Cycle Support by CrazyBulk a natural bodybuilding supplement company.

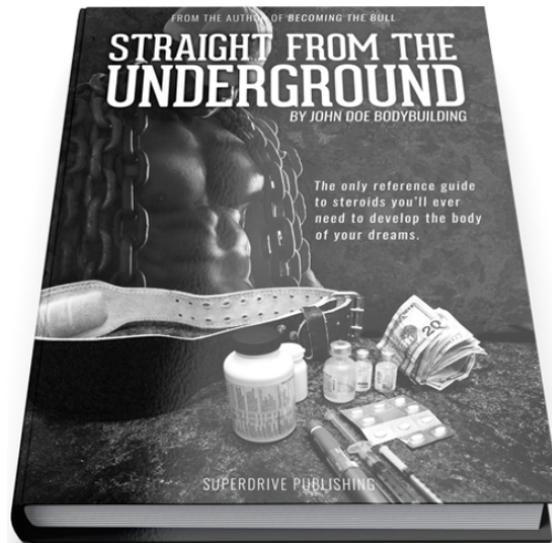
It's formulated as a safe and natural post-cycle detox to help maintain muscle gains.

What makes PCT cycle Support effective is that it contains a number of powerful antioxidants and natural aromatase inhibitors such as grape seed extract.

If you remember, aromatase is an enzyme that converts testosterone into estrogen. Limiting or blocking aromatase prevents a hormonal imbalance between estrogen and testosterone.

To learn more about PCT Cycle Support and how it can help speed your recovery [click here](#).

# The **Ultimate Guide** to Using Steroids Safely and Effectively for a Bad-Ass Body.



Introducing ***Straight From The Underground*** the performance enhancement bible for beginners. A no-nonsense guide answering all your questions on steroids and more.

*"Everything A Beginner Needs To Get Going From Day One."*

John Doe (Bodybuilder)

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